



177th FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

JULY 2003

SIGHT SAFETY

Sunglasses aren't just accessories for the summer, they are necessary protection for your eyes, according to the National Consumers League (NCL). Consumers know about the danger of sun exposure to the skin, but many are unaware that the sun's rays can damage the eyes.

UV-A and UV-B radiation can damage vision. Consumers can protect their eyes simply by wearing sunglasses that block out 99 to 100 percent of UV-A and UV-B.

Sunglasses provide one of the best sources of UV protection. While some UV-absorbing contact lenses are now available, they do not provide adequate protection from UV radiation and should not replace sunglasses. Sunglasses are still needed to cover the entire eye area, including eyelids. As a general rule of thumb, if you're in enough sun to cause sunburn, you need protection for your eyes.

Studies show that exposure to ultraviolet light can contribute to a number of ocular complications, including: photokeratitis, or "snow blindness"; cataracts; pterygium (a benign, abnormal growth on the eye's surface, which may require surgery if sight is threatened); and macular degeneration.

NCL offers the following tips for purchasing sunglasses:

- ⇒ Check the label for 99 or 100 percent UV protection
- ⇒ Look for sunglasses that are close fitting. These will prevent UV rays from filtering in.
- ⇒ Look for larger lenses or wrap-around sunglasses to prevent light from entering in.
- ⇒ Don't be misguided by price — higher priced sunglasses usually reflect fashion or durability, not UV protection.
- ⇒ Dark-colored sunglasses don't necessarily provide better protection. A chemical coating applied to the lens is responsible for UV protection, not the lens color.
- ⇒ UV-absorbing contact lenses should not be used as substitutes for sunglasses. Children are more prone to sun damage to the eyes because their lenses are clearer.

A Few Eye Safety Tips

There are 500,000 eye injuries every year in the USA. The leading cause of blindness in children is eye injury. 90% of injuries can be avoided by using proper eye protection. Protective eyewear should be made of polycarbonate plastic. If working with liquids use splash proof goggles. Use only high-quality sunglasses with (UV) ultraviolet light protection.

- ⇒ Keep all household chemicals, paints, pesticides, fertilizers tools, etc. locked up away from children.
- ⇒ Almost anything that can splash into the eye can damage it. Wear protective eyewear when working with: detergents, cleaning solvents, etc. Never mix cleaning agents.
- ⇒ To avoid eye infection do not share eye makeup or eye drops with anyone. Many bacteria, including the cold sore virus (Herpes), can spread to your eyes and damage your vision.
- ⇒ Never allow children to play with Laser pointers they are not toys. The light from a laser pointer aimed into the eye can be more damaging than staring directly into the sun.

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If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.af.mil

Pool Safety

Too often, firefighters hear people say, **“it was just a few seconds.”** Unfortunately, just a few seconds is all it takes for a child to drown. Drowning is the leading cause of death for children under the age of five. Most of these children drown in their own backyard swimming pool, but others drown in buckets, bathtubs, toilets, dog water bowls, canals and ponds. Small children are top-heavy, and they don't have the upper body strength to lift themselves out of one of these dangerous situations. Even if the child survives the incident, they are often left with permanent brain damage.



Drowning and near drowning can be prevented, and you can help! Anyone involved with the supervision of children needs to be aware of the dangers associated with any body of water. Below are some useful tips to prevent these needless tragedies.

- Know where your children are at all times
- Use an approved barrier to separate the pool from the house
- Never allow children to be alone near a pool or any water source
- Have life-saving devices near the pool, such as a pole/hook, or flotation device
- Keep large objects such as tables, chairs, toys, and ladders away from pool fences
- Post the 9-1-1 number on the phone
- Do not allow children to play around the pool and store all toys outside the pool area
- If you leave the pool area, take the children with you
- Always have a “designated child watcher”
- Learn to swim
- Never swim alone, or while under the influence of alcohol or medications
- Never swim when thunder or lightning is present
- Never dive into unfamiliar or shallow bodies of water
- Always check to make sure there is a lifeguard on duty before swimming in pools/oceans or bays

In case of emergency call 911 immediately.

RECREATIONAL BOATING

Recreational boating is second only to highway transportation in the number of fatalities, which occur each year.

Most boating accidents involve capsizes of small boats and people falling overboard. Drowning causes Four out of five fatalities. The U.S. Coast Guard estimates over 75 percent of drowning victims were not wearing personal flotation devices (life preservers). Most devices are kept stowed under seats, out of the way, and cannot be reached when needed.



The overwhelming majority of boat operators who have fatal accidents have never taken a safe boating course. The main causes of these accidents are collision and falling overboard. Alcohol and drug use is often a factor.

SAFETY PRECAUTIONS

Acquire training in the safe operation of the boat you plan to use. In addition, you may determine that it would be wise to have another member of your boating group be trained in the safe operation of that boat.

Do not allow smoking or open flames around fuel storage areas, vents and during refueling operations.

The Safe Boating Course offered by the Coast Guard Auxiliary is designed to teach the fundamentals so you and your passengers can return home safely. Other agencies that offer safe boating classes are the American Red Cross and the United States Power Squadrons.

DRINKING

Drinking while boating is dangerous; operating a boat while intoxicated is illegal. Intoxicated operator's cause 50 percent or more of all serious boating accidents. Boaters who have fallen in the water with alcohol present in their blood stream have been found to have swum to the bottom rather than to the top due to the inability to determine which way was up.

A federal law concerning operating a boat under the influence went into effect January, 1988, making it illegal for anyone with a blood alcohol concentration of 0.08 percent or more to operate a boat on federal waters. The law carries a \$1,000 civil penalty and criminal penalties of up to \$5,000, one year in jail, or both.

Hypothermia usually kills victims by compromising their ability to swim or stay afloat.

SAFETY EQUIPMENT

Most people who drown while boating have personal flotation devices (life jackets) aboard their boats, but they died because they were not wearing them. The U.S. Coast Guard requires boats which are 16 feet and longer to be equipped with one Type I, II, III or V wearable device for each person aboard plus one Type IV (cushion or life ring). To be Coast Guard approved, a Type V must be worn while underway. Boats less than 16 feet in length are required to carry one Type I, II, III, or V for each person aboard.

Other safety equipment: Fire Extinguisher, anchor, anchor line, flares, first aid kit, signal mirror, spare fuel, paddle or oar, bailing device, tool kit and mooring lines. These items are highly recommended to ensure safe boating.

CPSC, NHTSA, and Dorel Juvenile Group Inc. Announce Extended Recall of Infant Car Seats/Carriers

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC) and the National Highway Traffic Safety Administration (NHTSA), Dorel Juvenile Group Inc., of Columbus, Ind., is again voluntarily recalling Cosco Arriva and Turnabout infant car seats/carriers to address a problem with the carry handle. On July 8, 1999, the two federal agencies and Cosco, now known as the Dorel Juvenile Group, announced the recall of 670,000 of these infant car seat/carriers made from March 1995 through September 1997. This recall adds 1.2 million of the same model infant car seats/carriers made through January 2000.

When the seat is used as a carrier, the plastic handle locks can unexpectedly break or release from the carrying position, causing the seat to unlatch or flip forward. When this happens, an infant can fall to the ground and suffer injuries.

Dorel Juvenile Group has received 416 reports of the handle locks on the additional recalled infant car seats/carriers breaking or unlatching, resulting in nine injuries to children. These reports include bruises and scratches to the head and face. According to the reports, some injuries occurred to children restrained in the seat.

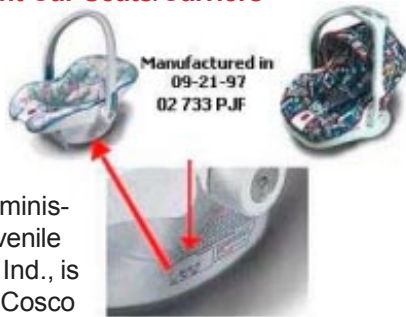
The recalled car seats/carriers were sold under the Cosco Arriva and Turnabout brand names and were manufactured by Dorel Juvenile Group in the U.S. The car seat/carriers have the following model numbers:

ARRIVA			TURNABOUT		
02-665	02-731	02-751	02-753	02-76002-764	02-772
02-727	02-732	02-755	02-756	02-76102-765	
02-728	02-733	02-757	02-758	02-76202-770	
02-729	02-750	02-774	02-759	02-763	02-771

The model number and manufacture date are located on the instruction and warning label on the side of the car seat/carrier. The recalled seats were manufactured on or before Jan. 31, 2000.

Juvenile product, mass merchandise, department stores and major discount stores nationwide sold the Arriva and Turnabout infant car seats/carriers from Sept. 10, 1997 through December 2000 for between \$30 and \$60 when sold alone or \$90 to \$140 when sold with strollers. The recalled seats are no longer available for purchase.

Consumers should continue to use the Arriva and Turnabout as a car seat but should stop using it as a carrier immediately and contact Dorel Juvenile Group to receive a free repair kit. Consumers should call Dorel at (800) 880-9435 between 7 a.m. and 4:30 p.m. ET Monday through Friday, or by going to the firm's Web site at www.djgusa.com. Consumers with questions about the recall campaign can call the National Highway Traffic Safety Administration Auto Safety Hotline at (888) DASH-2- DOT (327-4236). Consumers also can call the U.S. Consumer Product Safety Commission Hotline at (800) 638-2772 for more information.



CPSC, Weather Works Announce Recall of Electric Heaters

WASHINGTON, D.C. - U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.



Name of product: Weather Works Ventilair Electric Heaters

Units: 2,400

Manufacturer: Weather Works Inc., of Miami, Fla.

Hazard: The electric heater can overheat internal plastic components and damage the wiring, posing a fire and electrocution hazard to consumers.

Incidents/Injuries: Weather Works has received one report of a heater smoking and starting a fire, though no injuries were reported.

Description: The portable electric heater is beige, constructed of a plastic housing, and has the "Weather Works" logo printed on the front side of the fan. On the base of the unit is a sticker reading, "Model No. CH-601, AC 120V - 60Hz, 1500 Watts, Made in China, 4H39."

Sold at: Retail chain stores in Florida, such as The Andersons, Chase- Pitkin Home & Garden, and Florida Hardware, from June 2002 through March 2003 for about \$20.

Manufactured in: China.

Remedy: Consumers should return the unit to the firm for a full refund plus cost of postage. The heater should be mailed to: 2340 NW 102nd Place, Miami, FL 33172.

Consumer Contact: Weather Works at (888) 269-9247 between 8 a.m. and 4:30 p.m. ET Monday through Friday.

Media Contact: Antonio Johnson, (305) 591-2250

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

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BARBECUE/GRILLING SAFETY

Each year, about 600 fires/explosions nationally occur with **gas grills** resulting in injuries to about 30 people. Propane gas is highly flammable. The new safety standard for propane gas tanks requires that an “over-fill prevention device” be installed in new gas tanks. The new propane gas tanks have valve handles with three “lobes” (prongs) while older tanks have valve handles with five prongs. People with older propane gas tanks should trade them in for the new, safer tanks.



Each year about 19 people die nationally as a result of CO fumes from charcoal being burned inside. Charcoal produces carbon monoxide (CO) when it is burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments.

Gas Grill Safety Tips

- 🔥 Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- 🔥 Move gas hoses as far away as possible from hot surfaces and dripping hot grease.
- 🔥 Always keep propane gas containers upright.
- 🔥 Never store a spare gas container under or near the grill or indoors.
- 🔥 Never store or use flammable liquids, like gasoline, near the grill.
- 🔥 Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.



Charcoal Grill Safety Tips

- 🔥 Never burn charcoal inside of homes, vehicles, tents, or campers.
- 🔥 Charcoal should never be used indoors, even if ventilation is provided.
- 🔥 Since charcoal produces CO fumes until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.



In All Fire emergencies Dial 911